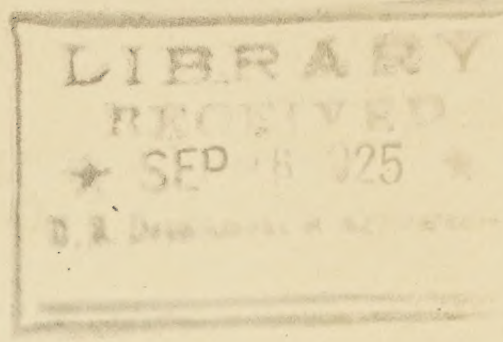


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UNITED STATES DEPARTMENT OF AGRICULTURE

Extension Service

Office of Exhibits

A Summary of the Exhibit

FOOD AND HEALTH

(Range Program No. 3)

A booth exhibit showing the vital need for giving children the proper kind of food.

Specifications

Floor space - - - - - 11' 3" front, 4'
Wall space - - - - - None. (3" deep.
Shipping weight - - - - - 525 lbs.
Electrical requirements - None.

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How It Looks

The first objects which attract one's attention when viewing this exhibit are two boys (life-size cut-outs) climbing ladders which are placed one on each of the corners of the booth which is 11 feet 3 inches across the front, 4 feet 3 inches deep and 7 feet 11 inches high.

A sturdy boy with a sort of boastful smile on his face, has already reached the top of his ladder, whereas the other boy, an under-nourished lad, has just started to climb and seems to be making rather hard work of it.

The text on the side sections explains why there is such a striking difference in the ability of the two boys to climb the ladders.

Near the top of the center section is an enlarged colored photograph of a healthy family of five about to take their seats at a table containing a properly balanced meal.

At the bottom of the center section are five pictures showing a week's supply of food for a family of five.

What It Tells

This exhibit on Food and Health makes an appeal to parents by showing the alternate results of poor and of good nutrition. The legend beside the ladder of the under-nourished boy says, "Everything's harder for the under-nourished child. Does your child show any of the signs of poor nutrition?" On the face of the sturdy lad and in the legend one can read, "Ready for anything." The question raised on his side of the booth is, "Are you giving your child the kind of food to put him at the top?"

The same type of question is directed toward the family problem: "Is your family eating the right food?"

The menu for the family of five consists of roast, spinach, baked potato, whole wheat bread and butter, jelly, milk, coffee, and an assortment of fresh fruits for dessert. The children appear to be aged about 8, 10, and 16. They may therefore well have a serving of everything provided, with the exception of coffee. The smaller children will need less meat than the adults because their quart of milk a day very largely fulfills their protein requirement.

The story of food selection is told in another way by pictures of five food groups: Fruits and vegetables, efficient protein foods, cereal foods, sweet foods, fat foods. The total amount of food pictured represents a week's supply for a family of five.

The total amount of fruits and vegetables represents 52 pounds of fresh and canned, and three pounds of dried, or 70 pounds of fresh weight. This amount provides $\frac{1}{5}$ of the fuel, or calories, needed during the week. Some leafy green vegetables should always be included as a part of the total supply. It is possible to increase or decrease this proportion of fruits and vegetables by half, making allowance for this change by a corresponding change in the proportion of some other group.

The efficient protein foods pictured include 14 pounds of meat (such as fresh and dried beef, pork, mutton, chicken, fish), 14 quarts of milk, and a supply of eggs, cheese, etc. The protein foods provided will supply about $\frac{1}{4}$ of the required fuel value, or calories, for the week. The 14 quarts of milk shown represent a minimum allowance of milk for a family including three children. For the adults, the proportion of protein may be raised or lowered by half.

The week's supply of cereal foods shows bread, rolls, macaroni, rice, flour, and several kinds of breakfast foods. Ten pounds of bread and 5 pounds of dry cereals are a good proportion of cereal products to use in the week. This proportion may be increased by half if vegetables and fruits are scarce or if the income is limited. It is possible also to lower this proportion by half if that seems desirable.

The picture labeled "Sweet Foods" contains sugar and candy, honey and other sirups, and jelly. A desirable amount for the family of five to use during the week is 3 pounds of sugar and candy and 2 pounds of less concentrated sweets, for instance, $\frac{1}{2}$ pound each of honey, table sirup, molasses, and jelly. The total of 3 pounds of sugar and candy and 2 pounds of sirups equals 4 pounds of pure sugar. This represents about $\frac{1}{10}$ of the fuel required. Sweets may be omitted altogether or their proportion may be raised by half.

Typical fats suggested in the picture to supply the weekly needs of the family are 2 pounds of butter, and one pound each of bacon, nuts, cooking fats, and 1 pint of cream. This is the equivalent of 4 pounds of pure fat, and it represents about $\frac{1}{5}$ of the fuel requirement. This proportion may be increased or decreased by half. The less milk used, the more butter needed.

Where to Get Information

Write to the Bureau of Home Economics of the U.S. Department of Agriculture, Washington, D. C., for literature on the selection of food to meet the needs of the family. Farmers' Bulletin in 1313, "Good Proportions in the Diet," gives in popular form the necessary information for the planning of well-balanced meals. Farmers' Bulletins 717, "Food for Young Children", 712, "School Lunches", and 1359, "Milk and Its Uses In the Home", are especially valuable in helping mothers of growing children to solve their dietary problems.